



RED WING AREA FOOD SHELF

Request For Nutritious Food Donations

The Red Wing Area Food Shelf has a mission to provide nutritious food items containing lower levels of sugar, sodium, and saturated fats to our neighbors in need.

Here is a list of suggested donations to support our efforts:

WHEN TO DONATE

Tuesdays 5-6pm

Thursdays 5-6pm

Fridays 12-1pm

HOW TO DONATE FRESH PRODUCE FROM GARDENS

Please wash and bag in meal-sized portions for 2 people before donating. Consider planting a row or starting a giving garden at work and share with us!

CASH DONATIONS ALWAYS WELCOME!

Visit our website for more information.

FRESH FRUITS & VEGETABLES

- Apples
- Beans
- Carrots
- Oranges
- Onions
- Pears
- Peas
- Peppers
- Potatoes
- Squash
- Tomatoes

CANNED

- Fruits (no heavy syrup)
- Pasta Sauces (low sodium)
- Soups (low sodium)
- Tomatoes
- Vegetables (in water)

CANNED PROTEIN

- Chicken (in water)
- Peanut Butter (no hydrogenated oil)
- Salmon
- Tuna (in water)

DRIED

- Black Beans
- Brown Rice
- Pinto Beans
- Lentils

WHOLE GRAINS

- Cereals (low sugar)
- Rolled Oats (oatmeal)
- Crackers
- Wheat or Rice Pasta

SNACKS

- Natural Yellow Popping Corn (not microwave)
- Raisins and Dried Fruit (low sugar)
- Trail Mix Bars
- Raw Nuts (unsalted)

*Thank you for
your generosity!*

Red Wing Area Food Shelf

1755 Old West Main Street

Red Wing, MN 55066

651-388-9302 during open hours

651-385-7521 after hours

www.redwingfoodshelf.org